

MORNING CALM CAFE 30 DAY MENU

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LUNCH						
NAVY BEAN SOUP	FRENCH ONION SOUP	CHICKEN GUMBO SOUP	CREAM OF POTATO	MEXICAN ONION CORN SOUP	CORN CHOWDER	CHICKEN EGG DROP SOUP
KIMCHI SOUP	KIMCHI SOUP	KIMCHI SOUP			KIMCHI SOUP	SPAGHETTI W/ MEAT SAUCE
TERIYAKI CHICKEN	ORIENTAL PEPPER STEAK	BAKED FISH	SWEET AND SOUR PORK	CHICKEN FAJITAS	THAK KANG JUNG	CHICKEN PARMESAN
SPAGHETTI W/ MEAT SAUCE	PORK BULGOGI	BRAISED BEEF & NOODLES	CAJUN FISH	BEEF ENCHILADAS	OVEN FRIED FISH	BOILED SPAGHETTI
HAM & VEG FRIED RICE	BAKED SWEET POTATOES	OVEN BROWNEED POTATEOS	MASHED POTATO	MEXICAN RICE/ REFRIED BEANS	LYONNAISE POTATOES	MASHED POTATO
MASHED POTAOES	STEAMED BROWN RICE	FRIED RICE	STEAMED BROWN RICE	GARLIC ROASTED POTATOES	LYONNAISE RICE	CALIFORNIA BLEND MIXED VEGETABLE
GLAZED CARROTS	GREEN BEANS W/ MUSHROOM	CAULIFLOWER COMBO	MIXED VEGETABLE	MEXICAN CORN	FRENCH STYLE GREEN BEANS	CALICO CORN
HERBED BROCCOLI	ORANNGE CARROT AMANDINE	CORN	SEASONED CORN	MEXICAN VEGETABLES	ASPARAGUS	BROWN GRAVY
CHICKEN GRAVY	BROWN GRAVY	BROWN GRAVY	BROWN GRAVY	CHILI GRAVY	CHICKEN GRAVY	GARLIC TOAST
GARLIC TOASTED BREAD	HOT ROLLS	CORN BREAD	HOT ROLLS	JALAPENO CORN BREAD	HOT ROLLS	SALAD BAR
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	TOSSED GREEN SALAD
TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED ICEBERG SALAD
TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	FRUIT FLAVORED GELATIN
FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	MIXED FRUIT SALAD
COUNTRY STYLE TOMATO SALAD	CARROT SALAD	PICKLED GREEN BEAN SALAD	CREAMY CUCUMBER RICE SALAD	MEXICAN COLE SLAW	CUCUMBER & ONION SALAD	FRESH FRUITS
FRUIT MEDLEY SALAD	ITALIAN STYLE PASTA SALAD	CARROT, CELERY & APPLE SALAD	APPLE, CELERY & PINEAPPLE	MEXICAN POTATO SALAD	MACARONI SALAD	20 ITEM SALAD BAR
FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	ASSTD BREAD
20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	BUTTER
ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	PEANUT BUTTER/ASSTD JELLY
BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	ASSTD SALAD DRESSINGS
PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	ASSTD SAUCES
ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	SHORT ORDER
ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	GRILLED HAMBURGERS
SHORT ORDER	SHORT ORDER	SHORT ORDER	SHORT ORDER	SHORT ORDER	SHORT ORDER	CHEESEBURGERS
GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	HOTDOG
CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	FRENCH FRIES
HOTDOG	HOTDOG	HOTDOG	HOTDOG	HOTDOG	HOTDOG	RELISH TRAY
GRILLED CHEESE SANDWICH	GRILLED CHEESE/ HAM & SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	CHIPS
BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	PHILLY CHEESE STEAK
CORN DOG	CORN DOG	CORN DOG	CORN DOG	CORN DOG	CORN DOG	CHEESE PIZZA
FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	CHICKEN WINGS
RELISH TRAY	RELISH TRAY	RELISH TRAY	RELISH TRAY	PHILLY CHEESE STEAK	RELISH TRAY	
CHIPS	CHIPS	CHIPS	CHIPS	CHEESE PIZZA	CHIPS	
YAKI MANDU, FRIED & BAKED CHICKEN	PHILLY/ PIZZA/HOT WINGS	YAKI MANDU, FRIED & BAKED CHICKEN		CHICKEN WINGS	YAKI MANDU/FRIED & BAKED CHICKEN	
SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR
HAM	HAM	HAM			HAM	HAM
ROAST TURKEY	ROAST TURKEY	ROAST TURKEY			ROAST TURKEY	ROAST TURKEY
ROAST BEEF	ROAST BEEF	ROAST BEEF			ROAST BEEF	ROAST BEEF
BACON	BACON	BACON			BACON	BACON
ASSTD CHEESE	ASSTD CHEESE	ASSTD CHEESE			ASSTD CHEESE	ASSTD CHEESE
LETTUCE/TOMATO/PICKLES/ONION	LETTUCE/TOMATO/PICKLES/ONION	LETTUCE/TOMATO/PICKLES/ONION			LETTUCE/TOMATO/PICKLES/ONION	LETTUCE/TOMATO/PICKLES/ONION
PASTRY	PASTRY	PASTRY	PASTRY	PASTRY	PASTRY	PASTRY
LEMON CAKE W/ FROSTING	VELVET POUND CAKE	VELVET POUND CAKE	SPICE CAKE	YELLOW CAKE	EASY VANILLA CAKE	YELOW CAKE
ASSTD COOKIES/PIES	BANANA CREAM PIE	BANANA CREAM PIE	WHITE CHOCOLATE COOKIES W/ NUTS	ASSTD COOKIES	PEACH PIE	ASSTD COOKIES
ASSTD FROZEN YOGURT	ASSTD FROZEN YOGURT	ASSTD FROZEN YOGURT	ASSTD FROZEN YOGURT	ASSTD FROZEN YOGURT	ASSTD YOGURT	ASSTD YOGURT
BEVERAGES	BEVERAGES	BEVERAGES	BEVERAGES	BEVERAGES	BEVERAGES	BEVERAGES
MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER
DETOX WATER	DETOX WATER	DETOX WATER	DETOX WATER	DETOX WATER	DETOX WATER	ASSTD VITALITY WATER
ASSTD KOOLAI	ASSTD KOOLAI	ASSTD KOOLAI	ASSTD KOOLAI	ASSTD KOOLAI	ASSTD KOOLAI	ASSTD KOOLAI
ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
	STEAMED EGG CASSEROLE	VEGETABLE PIZZA				
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR
PASTA BAR	POTATO BAR			TACO BAR		
SMOOTHIES		SMOOTHIES			SMOOTHIES	

MORNING CALM CAFE 30 DAY MENU

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
LUNCH						
MINESTRONE SOUP	BEEF NOODLE SOUP	CHICKEN RICE SOUP	SPLIT PEA SOUP	TOMATO SOUP	CREAM OF MUSHROOM SOUP	CREAM OF BROCCOLI
SPICY BAKED FISH	KIMCHI SOUP	KIMCHI SOUP		KIMCHI SOUP	KIMCHI SOUP	MINESTRONI SOUP
ITALIAN RICE & BEEF	THALK BO-KUM	SWISS STEAK	PINEAPPLE CHICKEN	GRILLED PORK CHOPS	LASAGNA	STEAMSHIP ROUND OF BEEF
STEAMED EGG NOODLES	CHILI MACARONI	PARMESAN FISH	BAKED TURKEY & NOODLES	YAKISOBA	BOMBAY CHICKEN	LOBSTER TAIL
MASHED POTATOES	ITALIAN ROASTED POTATO	MASHED POTATOES	OVEN BROWNED POTATOES	GARLIC TOASTED POTATO WEDGES	HAM VEG FRIED RICE	GRILLED CHICKEN BREAST
CAULIFLOWER AU GRATIN	WILD RICE	STEAMED BROWN RICE	STEAMED BROWN RICE	TOSSED GREEN RICE	MASHED POTATO	CRAB CAKES
COLLARD GREENS	STEAMED PEAS	BLACK-EYED PEAS	CARROT SLICES	PEAS W/ CELERY	STEAMED CAULIFLOWER	GARLIC ROASTED SWEET POTATO
CHICKEN GRAVY	BROCCOLI COMBO	CAULIFLOWER COMBO	CORN	CALICO CABBAGE	MEXICAN CORN	SHRIMP FRIED RICE
HOT ROLLS	BROWN GRAVY	CHICKEN GRAVY	BROWN GRAVY	MUSHROOM GRAVY	BROWN GRAVY	GRILLED CORN ON THE COB
SALAD BAR	HOT ROLLS	CORN BREAD	HOT ROLLS	HOT ROLLS	GARLIC TOAST	ROASTED MIXED VEGETABLES
TOSSED GREEN SALAD	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	BROWN GRAVY
TOSSED ICEBERG SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	AU JUS
FRUIT FLAVORED GELATIN	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	CORN BREAD MUFFIN
FRUIT MEDLEY SALAD	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	SALAD BAR
FRESH FRUITS	WALDORF SALAD	COLE SLAW	PINEAPPLE COLE SLAW	MEXICAN COLE SLAW	CARROT SALAD	DEVILED EGGS
20 ITEM SALAD BAR	ITALIAN PASTA SALAD	CARROT, CELERY & APPLE SALAD	CARROT SALAD	CUCUMBER & ONION SALAD	MACARONI SALAD	POTATO SALAD
ASSTD BREAD	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	WALDORF SALAD
BUTTER	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	BUTTER
PEANUT BUTTER/ASSTD JELLY	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	PEANUT BUTTER/ASSTD JELLY
ASSTD SALAD DRESSINGS	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	ASSTD SALAD DRESSINGS
ASSTD SAUCES	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	ASSTD SAUCES
SHORT ORDER	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	SHORT ORDER
GRILLED HAMBURGERS	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	
CHEESEBURGERS	SHORT ORDER	SHORT ORDER	SHORT ORDER	SHORT ORDER	SHORT ORDER	GRILLED CHEESE SANDWICH
HOTDOG	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAM & CHEESE SANDWICH
FRENCH FRIES	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	FRENCH FRIES
YAKI MANDU, FRIED & BAKED CHICKEN	HOTDOG	HOTDOG	HOTDOG	HOTDOG	HOTDOG	BAKED BEANS
CHIPS	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	RAVIOLI
PASTRY	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	PASTRY
ORANGE CAKE	CORN DOG	CORN DOG	CORN DOG	CORN DOG	CORN DOG	PUFF PASTRY
ASSTD COOKIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRUIT SALAD PARFAIT
ASSTD PIES	RELISH TRAY	RELISH TRAY	RELISH TRAY	PHILLY CHEESE STEAK	RELISH TRAY	CUP CAKES/ASSTD CAKES
BEVERAGES	CHIPS	CHIPS	CHIPS	CHEESE PIZZA	CHIPS	BEVERAGES
MILK, TEA, COCOA POWDER	PHILLY/ PIZZA/HOT WINGS	YAKI MANDU, FRIED & BAKED CHICKEN		CHICKEN WINGS	YAKI MANDU	MILK, TEA, COCOA POWDER
ASSTD VITALITY WATER	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	DETOX WATER
ASSTD KOOLAID	HAM	HAM			HAM	ASSTD KOOLAID
ASSTD CARBONATED BEVERAGES	ROAST TURKEY	ROAST TURKEY			ROAST TURKEY	ASSTD CARBONATED BEVERAGES
SANDWICH BAR	ROAST BEEF	ROAST BEEF			ROAST BEEF	
HAM	BACON	BACON			BACON	
ROAST TURKEY	ASSTD CHEESE	ASSTD CHEESE			ASSTD CHEESE	
ROAST BEEF	LETTUCE/TOMATO/PICKLES/ONION	LETTUCE/TOMATO/PICKLES/ONION			LETTUCE/TOMATO/PICKLES/ONION	
BACON	PASTRY	PASTRY	PASTRY	PASTRY	PASTRY	
ASSTD CHEESE	WHITE CAKE W/ FROSTING	EASY VANILLA CAKE	CARROT CAKE	BANANA CAKE	DEVIL'S FOOD CAKE	
LETTUCE/TOMATO/PICKLES/ONION	BANANA CREAM PIE	ASSTD PIE	WHITE CHOCOLATE COOKIES W/ NUTS	PINEAPPLE UPSIDE DOWN CAKE	PEACH PIE	
	ASSTD FROZEN YOGURT	ASSTD FROZEN YOGURT/ ICE CREAM	ASSTD FROZEN YOGURT/ ICE CREAM	ASSTD FROZEN YOGURT/ ICE CREAM	ASSTD FROZEN YOGURT/ ICE CREAM	
	BEVERAGES	BEVERAGES	BEVERAGES	BEVERAGES	BEVERAGES	
	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	
	DETOX WATER	DETOX WATER	DETOX WATER	DETOX WATER	DETOX WATER	
	ASSTD KOOLAID	ASSTD KOOLAID	ASSTD KOOLAID	ASSTD KOOLAID	ASSTD KOOLAID	
	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
		VEGETABLE PIZZA				
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	
MONGOLIAN BAR	POTATO BAR	PASTA BAR				
SMOOTHIES		SMOOTHIES			SMOOTHIES	

MORNING CALM CAFE 30 DAY MENU

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
LUNCH						
CREAM OF BROCCOLI SOUP	BEEF VEG & BARLEY SOUP	CHICKEN NOODLE SOUP	BEEF & VEG SOUP	CORN CHOWDER	EGG DROP SOUP	TOMATO RICE SOUP
BAKED COD	KIMCHI SOUP	KIMCHI SOUP		KIMCHI SOUP	KIMCHI SOUP	CHICKEN ENCHILADAS
CAJUN MEAT LOAF	ROAST PORK	TURKEY CUTLET	BBQ CHICKEN	BEEF STROGANOFF	CREOLE MACARONI	CHIPPER FISH
ROASTED PEPPER POTATOES	BAKED TUNA & NOOLDES	ITALIAN RICE & BEEF	SWEDISH MEATBALLS	MUSTARD DILL FISH	SZECHWAN CHICKEN	VEGETABLE FRIED RICE
FRIED RICE	O'BRIEN POTATOES	KIMCHI FRIED RICE	LYONNAISE POTATOES	O'BRIEN POTATOES	NOOLDES JEFFERSON	OVEN BROWNED POTATOES
STEAMED CABBAGE	RICE PILAF	MASHED POTATOES	STEAMED BROWN RICE	STEAMED BROWN RICE	OVEN BROWNED POTATO	SQUASH & CARROT MEDLEY
MIXED VEGETABLES	FRENCH STYLE GREEN BEANS	BROCCOLI	GREEN PEAS & MUSHROOM	ORIENTAL STIR FRY	HERBED BROCCOLI	SEASONED GREEN BEANS
BROWN GRAVY	CAAULIFLOWER COMBO	FRIED CABBAGE	VEGETABLE STIR FRY	STEAMED CARROTS	STEAMED CABBAGE	BROWN GRAVY
HOT ROLLS	CHICKEN GRAVY	TURKEY GRAVY	BROWN GRAVY	MUSHROOM GRAVY	BROWN GRAVY	GARLIC TOAST
SALAD BAR	HOT ROLLS	CORN BREAD	HOT ROLLS	HOT ROLLS	HOT ROLLS	SALAD BAR
TOSSED GREEN SALAD	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	TOSSED GREEN SALAD
TOSSED ICEBERG SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED ICEBERG SALAD
FRUIT FLAVORED GELATIN	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	FRUIT FLAVORED GELATIN
GERMAN COLE SLAW	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT MEDLEY SALAD
FRESH FRUITS	CARROT & CABBAGE SLAW	POTATO SALAD	COLE SLAW	MEXICAN COLE SLAW	CARROT SALAD	FRESH FRUITS
20 ITEM SALAD BAR	ITALIAN PASTA SALAD	PASTA SALAD	WALDORF SALAD	CUCUMBER & ONION SALAD	MACARONI SALAD	20 ITEM SALAD BAR
ASSTD BREAD	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	ASSTD BREAD
BUTTER	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	BUTTER
PEANUT BUTTER/ASSTD JELLY	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	PEANUT BUTTER/ASSTD JELLY
ASSTD SALAD DRESSINGS	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	ASSTD SALAD DRESSINGS
ASSTD SAUCES	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	ASSTD SAUCES
SHORT ORDER	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	SHORT ORDER
GRILLED HAMBURGERS	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	GRILLED HAMBURGERS
CHEESEBURGERS	SHORT ORDER	SHORT ORDER	SHORT ORDER	SHORT ORDER	SHORT ORDER	CHEESEBURGERS
HOTDOG	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	HOTDOG
FRENCH FRIES	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	FRENCH FRIES
RELISH TRAY	HOTDOG	HOTDOG	HOTDOG	HOTDOG	HOTDOG	RELISH TRAY
YAKI MANDU, FRIED & BAKED CHICKEN	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	PHILLY, PIZZA & HOT WINGS
PASTRY	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	PASTRY
ORANGE CAKE	CORN DOG	CORN DOG	CORN DOG	CORN DOG	CORN DOG	YELLOW CAKE
ASSTD COOKIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	ASSTD COOKIES
ASSTD PIES	RELISH TRAY	YAKI MANDU, FRIED & BAKED CHICKEN	RELISH TRAY	PHILLY CHEESE STEAK	RELISH TRAY	ASSTD YOGURT
BEVERAGES	CHIPS		CHIPS	CHEESE PIZZA	CHIPS	BEVERAGES
MILK, TEA, COCOA POWDER	PHILLY/ PIZZA/HOT WINGS		YAKI MABU	CHICKEN WINGS	YAKI MANDU	MILK, TEA, COCOA POWDER
ASSTD VITALITY WATER	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	ASSTD VITALITY WATER
ASSTD KOOLAID	HAM	HAM			HAM	ASSTD KOOLAID
ASSTD CARBONATED BEVERAGES	ROAST TURKEY	ROAST TURKEY			ROAST TURKEY	ASSTD CARBONATED BEVERAGES
SANDWICH BAR	ROAST BEEF	ROAST BEEF			ROAST BEEF	SANDWICH BAR
HAM	BACON	BACON			BACON	HAM
ROAST TURKEY	ASSTD CHEESE	ASSTD CHEESE			ASSTD CHEESE	ROAST TURKEY
ROAST BEEF	LETTUCE/TOMATO/PICKLES/ONION	LETTUCE/TOMATO/PICKLES/ONION			LETTUCE/TOMATO/PICKLES/ONION	ROAST BEEF
BACON	PASTRY	PASTRY	PASTRY	PASTRY	PASTRY	BACON
ASSTD CHEESE	WHITE CAKE W/ FROSTING	EASY VANILLA CAKE	CARROT CAKE	BANANA CAKE	DEVIL'S FOOD CAKE	ASSTD CHEESE
LETTUCE/TOMATO/PICKLES/ONION	BANANA CREAM PIE	ASSTD PIE	WHITE CHOCOLATE COOKIES W/ NUTS	PINEAPPLE UPSIDE DOWN CAKE	PEACH PIE	LETTUCE/TOMATO/PICKLES/ONION
	ASSTD FROZEN YOGURT	ASSTD FROZEN YOGURT/ ICE CREAM	ASSTD FROZEN YOGURT/ ICE CREAM	ASSTD FROZEN YOGURT/ ICE CREAM	ASSTD FROZEN YOGURT/ ICE CREAM	
	BEVERAGES	BEVERAGES	BEVERAGES	BEVERAGES	BEVERAGES	
	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	
	ASSTD VITALITY WATER	ASSTD VITALITY WATER	ASSTD VITALITY WATER	ASSTD VITALITY WATER	ASSTD VITALITY WATER	
	ASSTD KOOLAID	ASSTD KOOLAID	ASSTD KOOLAID	ASSTD KOOLAID	ASSTD KOOLAID	
	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
	CHEESE TORTELLINI	PASTA PRIMAVERA	VEGETABLE BURRITO	STEAMED EGG NOODLE CASSEROLE	VEGETABLE PIZZA	
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR
						PASTA BAR
SMOOTHIES	POTATO BAR	SMOOTHIES			SMOOTHIES	

MORNING CALM CAFE 30 DAY MENU

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
LUNCH						
NAVY BEAN SOUP	FRENCH ONION SOUP	CHICKEN GUMBO SOUP	PEPPER POT SOUP	CREAM OF POTATO SOUP	CORN CHOWDER	CHICKEN EGG DROP SOUP
THALK BO-KUM	KIMCHI SOUP	KIMCHI SOUP			KIMCHI SOUP	LASAGNA
BBQ MEATLOAF	BAKED CHICKEN	MEXICAN PEPPER STEAK	CROELE CHICKEN	BEEF & BROCCOLI	CANTONESE PORK LOIN	HOONEY GLAZED CHICKEN
SPICY BROWN RICE PILAF	BBQ PULLED PORK	LEMON BAKED FISH	TERYAKI BEEF STRIPS	ROAST PORK	COUNTRY STYLE STEAK	FRANCONIA POTATOES
MASHED POTATO	BAKED SWEET POTATOES	OVEN BROWNED POTATEOS	POTATOES & HERBS	OVEN BROWNED POTATOES	TOSSED GREEN RICE	BROWN RICE W/ TOMATOES
PEAS & CARROTS AMANDINE	STEAMED BROWNEED RICE	VEGETABLE FRIED RICE	STEAMED BROWN RICE	MASHED POTATOES	STEAMED EGG NOODLES	STEAMED CABBAGE
BEETS	MIXED VEGETABLES	SEASONED LIMA BEANS	PEAS	SQUASH & CARROT MEDLEY	FRENCH STYLE GREEN BEANS	SUCCOTASH
CHICKEN GRAVY	STEAMED BROCCOLI	BLACK EYED PEAS	SEASONED CORN	CORN ON THE COB	CAULIFLOWER COMBO	CHICKEN GRAVY
GARLIC TOASTED BREAD	CHICKEN GRAVY	BROWN GRAVY	BROWN GRAVY	CHICKEN GRAVY	BROWN GRAVY	CORN BREAD MUFFIN
SALAD BAR	HOT ROLLS	GARLIC BREAD	HOT ROLLS	CORN BREAD	HOT ROLLS	SALAD BAR
TOSSED GREEN SALAD	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	TOSSED GREEN SALAD
TOSSED ICEBERG SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED GREEN SALAD	TOSSED ICEBERG SALAD
FRUIT FLAVORED GELATIN	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	TOSSED ICEBERG SALAD	FRUIT FLAVORED GELATIN
COUNTRY STYLE TOMATO SALAD	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	MIXED FRUIT SALAD
FRESH FRUITS	PICKLED GREEN BEAN SALAD	PICKLED GREEN BEAN SALAD	CREAMY CUCUMBER RICE SALAD	COLE SLAW	CUCUMBER & ONION SALAD	FRESH FRUITS
20 ITEM SALAD BAR	CARROT, CELERY & APPLE SALAD	CARROT, CELERY & APPLE SALAD	APPLE, CELERY & PINEAPPLE	POTATO SALAD	MACARONI SALAD	20 ITEM SALAD BAR
ASSTD BREAD	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	ASSTD BREAD
BUTTER	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	20 ITEM SALAD BAR	BUTTER
PEANUT BUTTER/ASSTD JELLY	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	ASSTD BREAD	PEANUT BUTTER/ASSTD JELLY
ASSTD SALAD DRESSINGS	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	ASSTD SALAD DRESSINGS
ASSTD SAUCES	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	PEANUT BUTTER/ASSTD JELLY	ASSTD SAUCES
SHORT ORDER	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	ASSTD SALAD DRESSINGS	SHORT ORDER
GRILLED HAMBURGERS	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	ASSTD SAUCES	GRILLED HAMBURGERS
CHEESEBURGERS	SHORT ORDER	SHORT ORDER	SHORT ORDER	SHORT ORDER	SHORT ORDER	CHEESEBURGERS
HOTDOG	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	GRILLED HAMBURGERS	HOTDOG
FRENCH FRIES	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	FRENCH FRIES
RELISH TRAY	HOTDOG	HOTDOG	HOTDOG	HOTDOG	HOTDOG	RELISH TRAY
YAKI MANDU, FRIED & BAKED CHICKEN	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH	PHILLY/PIZZA/HOT WINGS
PASTRY	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	BAKED BEANS/ CHILI CON CARNE	PASTRY
LEMON CAKE W/ FROSTING	CORN DOG	CORN DOG	CORN DOG	CORN DOG	CORN DOG	YELLOW CAKE
CRISP CHOCOLATE COOKIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	ASSTD COOKIES
ASSTD FROZEN YOGURT	RELISH TRAY		RELISH TRAY		RELISH TRAY	ASSTD YOGURT
BEVERAGES	CHIPS		CHIPS		CHIPS	BEVERAGES
MILK, TEA, COCOA POWDER	PHILLY/ PIZZA/HOT WINGS	YAKI MANDU, FRIED & BAKED CHICKEN			YAKI MANDU/ FRIED & BAKED CHICKEN	MILK, TEA, COCOA POWDER
DETOX WATER	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	SANDWICH BAR	DETOX WATER
ASSTD KOOLAID	HAM	HAM		HAM	HAM	ASSTD KOOLAID
ASSTD CARBONATED BEVERAGES	ROAST TURKEY	ROAST TURKEY		ROAST TURKEY	ROAST TURKEY	ASSTD CARBONATED BEVERAGES
SANDWICH BAR	ROAST BEEF	ROAST BEEF		ROAST BEEF	ROAST BEEF	SANDWICH BAR
HAM	BACON	BACON		BACON	BACON	HAM
ROAST TURKEY	ASSTD CHEESE	ASSTD CHEESE		ASSTD CHEESE	ASSTD CHEESE	ROAST TURKEY
ROAST BEEF	LETTUCE/TOMATO/PICKLES/ONION	LETTUCE/TOMATO/PICKLES/ONION		LETTUCE/TOMATO/PICKLES/ONION	LETTUCE/TOMATO/PICKLES/ONION	ROAST BEEF
BACON	PASTRY	PASTRY	PASTRY	PASTRY	PASTRY	BACON
ASSTD CHEESE	VELVET POUND CAKE	VELVET POUND CAKE	SPICE CAKE	FLAN	EASY VANILLA CAKE	ASSTD CHEESE
LETTUCE/TOMATO/PICKLES/ONION	BANANA CREAM PIE	BANANA CREAM PIE	WHITE CHOCOLATE COOKIES W/ NUTS	CHURROS	PEACH PIE	LETTUCE/TOMATO/PICKLES/ONION
	ASSTD FROZEN YOGURT	ASSTD FROZEN YOGURT	ASSTD FROZEN YOGURT	ASSTD FROZEN YOGURT	ASSTD YOGURT	
	BEVERAGES	BEVERAGES	BEVERAGES	BEVERAGES	BEVERAGES	
	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	MILK, TEA, COCOA POWDER	
	ASSTD VITALITY WATER	DETOX WATER	DETOX WATER	DETOX WATER	DETOX WATER	
	ASSTD KOOLAID	ASSTD KOOLAID	ASSTD KOOLAID	ASSTD KOOLAID	ASSTD KOOLAID	
	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	ASSTD CARBONATED BEVERAGES	
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
	VEGETARIAN BURRITO	VEGETABLE LASAGNA				
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR
POTATO BAR		TACO BAR				MONGOLIAN BAR
SMOOTHIES		SMOOTHIES			SMOOTHIES	

DAY 29	DAY 30
TOMATO SOUP	CHICKEN BNOODLE SOUP
PORK BULGOGI	KIMCHI SOUP
BOMBAY CHICKEN	OVEN FRIED FISH
STEAMED BROWN RICE	GRILLED PORK CHOPS
MASHED POTATO	BAKED SWEET POTATOES
PEAS & CARROTS	VEGETABLE FRIED RICE
ORIENTAL STIR FRY CABBAGE	STEAMED BROCCOLI
CHICKEN GRAVY	CALOCI CORN
GARLIC TOASTED BREAD	CHICKEN GRAVY
SALAD BAR	HOT ROLLS
TOSSED GREEN SALAD	SALAD BAR
TOSSED ICEBERG SALAD	TOSSED GREEN SALAD
FRUIT FLAVORED GELATIN	TOSSED ICEBERG SALAD
COUNTRY STYLE TOMATO SALAD	FRUIT FLAVORED GELATIN
FRESH FRUITS	PICKLED GREEN BEAN SALAD
20 ITEM SALAD BAR	CARROT, CELERY & APPLE SALAD
ASSTD BREAD	FRESH FRUITS
BUTTER	20 ITEM SALAD BAR
PEANUT BUTTER/ASSTD JELLY	ASSTD BREAD
ASSTD SALAD DRESSINGS	BUTTER
ASSTD SAUCES	PEANUT BUTTER/ASSTD JELLY
SHORT ORDER	ASSTD SALAD DRESSINGS
GRILLED HAMBURGERS	ASSTD SAUCES
CHEESEBURGERS	SHORT ORDER
HOTDOG	GRILLED HAMBURGERS
FRENCH FRIES	CHEESEBURGERS
RELISH TRAY	HOTDOG
CHIPS	GRILLED CHEESE SANDWICH
PASTRY	BAKED BEANS/ CHILI CON CARNE
LEMON CAKE W/ FROSTING	CORN DOG
CRISP CHOCOLATE COOKIES	FRENCH FRIES
ASSTD FROZEN YOGURT	RELISH TRAY
BEVERAGES	CHIPS
MILK, TEA, COCOA POWDER	PHILLY/PIZZA/HOT WINGS
ASSTD VITALITY WATER	SANDWICH BAR
ASSTD KOOLAID	HAM
ASSTD CARBONATED BEVERAGES	ROAST TURKEY
SANDWICH BAR	ROAST BEEF
HAM	BACON
ROAST TURKEY	ASSTD CHEESE
ROAST BEEF	LETTUCE/TOMATO/PICKLES/ONION
BACON	PASTRY
ASSTD CHEESE	VELVET POUND CAKE
LETTUCE/TOMATO/PICKLES/ONION	BANANA CREAM PIE
	ASSTD FROZEN YOGURT
	BEVERAGES
	MILK, TEA, COCOA POWDER
	ASSTD VITALITY WATER
	ASSTD KOOLAID
	ASSTD CARBONATED BEVERAGES
	VEGETARIAN
	STEAMED EGG NOODLE CASSEROLE
SPECIALTY BAR	SPECIALTY BAR
SMOOTHIES	